



# **Kingsport Senior Center News**

## **April 2013**

### **Volume XXI Edition 4**

**1200 East Center Street**  
**Kingsport, Tennessee 37660**

# Afternoon Tea Party

**Tuesday, May 7, 2013**  
**Room 239**  
**12:30pm-1:30pm**  
**FREE**

Reeda Tate, with Good Food Grocery at Mac's Medicine Mart, will talk about best tea blends and tea flavors. Sample teas and enjoy a tasty treat!

Including a tea pot contest with categories to include:

- Most Unique
- Oldest
- Most Colorful Design

Prizes will be awarded in each category.

Wear your best dress and pick out a fancy hat, provided by Smoky Mountain Home Health, to complete your ensemble!



**Sign up begins April 8.**



## Center News

### **Open Door Policy**

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments, and questions from members.

### **Kingsport Senior Center Refund Policy**

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

**The Kingsport Senior Center is located at  
1200 E. Center Street at the Renaissance Center.  
For more information call the Center at (423) 392-8400  
<http://seniors.kingsporttn.gov>**

### **Center Hours**

**Monday thru Friday 8:00 am ~ 7:00 pm  
Saturday 9:00 am ~ Noon**

**Lynn View Senior Center Branch Site  
257 Walker Street  
Kingsport, TN 37665  
(423) 765-0134**

**Hours: 9am to 2pm ~ Monday ~ Friday  
(See branch site page for more information)**

**\*The exercise room & computer lab will close  
15 minutes prior to the closing of the Center.**

**Membership dues  
For Fiscal year  
July 1, 2012-June 30, 2013**

\$15 ~ Kingsport Residents  
\$35 ~ Sullivan County Residents  
\$60 ~ Out-of-County Residents

**Must be at least 50 years of age to join.**

**"The fun begins at 50!"**

### **Kingsport Senior Center Staff**

Director ~ Shirley Buchanan  
shirleybuchanan@kingsporttn.gov  
392-8403

Branch Coordinator ~ Cindy Price  
cindyprice@kingsporttn.gov  
392-8402

Program Leader ~ Michelle Tolbert  
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392-8404

Wellness Coordinator ~ Kevin Lytle  
kevinlytle@kingsporttn.gov  
392-8407

Program Leader ~ Marlana Williams  
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Secretary ~ Marsha Mullins  
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Program Assistant ~ Jane Whitson  
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392-8406

Program Assistant ~ Amber Quillen  
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247-5942

Nutrition Site Manager ~ Sona Bingham  
246-8060

# WELLNESS

## WELLNESS SEMINARS

**NESCC Nursing Students:** Jo Sensabaugh, Kim Peret, Kayla Chapman, and Ruth Pickford will be at the Center on **Tuesday, April 2, 2013** at 12:30 in the Card Room. Topic of discussion: Hypertension, checking blood pressures, and provide general information pertaining to the management and control of hypertension. This will be a really good seminar and we hope you plan to attend.

**ETSU College of Nursing:** Randy Nentrup, Assistant Professor with ETSU College of Nursing and four nursing students will be conducting a Mini Heath Fair "*Care of the Adult*" on **Wednesday, April 3, 2013 and Wednesday, April 24, 2013** from 9:00 am to 11:00 am on the 1st floor hallway Billiards Room side. Topics on display, with take home information are:

- **Common Cancer Signs to Look for & When to See Your Doctor**
- **Healthy Eating & Exercise**
- **Heart Disease, Symptoms, and Risk Factors**
- **Managing Your Hypertension**

Blood pressure monitoring will be performed and answers to many other health related questions as they arise. All members are encouraged to stop by for some valuable information.

**Mini Health Fair:** The Senior Center will host a Mini Health Fair in the hallway Billiards Room side on **Tuesday, April 9, 2013** from 9:00 am to 11:00 am. Come join us for a day of Wellness. Door prizes will be given at 11:15 am and you must be present at the time names are drawn to win. Participants for this event will be: Comfort Keepers, Elmcroft of Kingsport, Gastroenterology Associates and Grand Court. So mark your calendar for this very important date to be part of the fun.

## HEALTH & WELLNESS FAIR

The Kingsport Senior Center’s Health & Wellness Fair will be on **Tuesday, June 18, 2013** on the 1st floor from 9:00 am to 11:00 am. **NOTE:** Registration will not start until 9:00 am! Come join us for a day of Wellness. Blood Pressure checks, and Chair Massages. Door prizes will be given during the Health Fair and you must be present at the time names are drawn to win. More information to come in the next two months. So mark your calendar for this very important date to be a part of the fun.

## Apollo 7400 Multi-Gym

The Senior Center Exercise Room has a new multi-gym, which includes: Multi-Press Station, Leg Press Station, High Low Station, and Leg Ext/Curl Station. Kevin Lytle, Wellness Coordinator will be giving tips on how to use the multi-gym on **Tuesday, April 9, 2013** and **Thursday, April 18, 2013** from 1:30 pm to 2:30 pm.

## TOURNAMENTS

**Shuffleboard Tournament:** We invite all shuffleboard players to show off your skills on **Friday, April 19, 2013** at 9:30 am. This tournament will be doubles playing the best three games, with prizes for 1st, 2nd, and 3rd place only. We will only use one side of the score board. Cost is \$2.00 per person due day of tournament. We will need at least 12 to sign up for tournament to be played.

**Billiards Tournament:** We invite all pool sharks to show off your skill on **Wednesday, April 24, 2013** at 9:30 am in the Billiards Room. This tournament will be an 8-Ball Tournament singles play, best of three games and double elimination with a minimum of 12 players to sign up for tournament to be held. Cost is \$2.00 per person, payable the day of the tournament. Prizes will be awarded to 1st, 2nd, and 3rd place only. **NOTE:** We will play on the **first three tables** in the billiards room.

**Pickleball Tournament:** The tournament will be held at Lynn View on **Friday, June 7, 2013** at 10:00 am. This tournament will be doubles playing the best three games, with double elimination. The tournament will be rally score to 11 points, teammates will be drawn randomly; with prizes awarded to 1st, 2nd, and 3rd place only. Cost is \$2.00 per person due day of tournament. We will need at least 12 to sign up for tournament to be played. Sign up on May 15, 2013.

**Table Tennis Tournament:** We will host a table tennis tournament on **Wednesday, June 12, 2013** at 1:00 pm in the Gym. Cost is \$2.00 per person due day of tournament. We will need 12 to sign up for tournament to be played. This tournament will be doubles play, best of three games with double elimination. Prizes for 1st, 2nd, and 3rd place only. Sign up on May 22, 2013.

## HOOK, LINE AND THINKER

When your mental gears are spinning, be sure they’re well oiled: New research reveals that *omega-3 fatty acids may boost your brain*. In a study published in the journal *PLOS One*, people who consumed 2 grams of omega-3 fatty acids every day for 6 months improved their performance on working memory tests. The researchers say these fatty acids may help regulate dopamine’s role in enhancing working memory, but they’re not sure exactly how. We like Nature Made fish oil supplements ([www.naturemade.com](http://www.naturemade.com)), which contain both DHA and EPA.

## A-Fib: The Truth

Scientists in Japan have a new clue about what causes atrial fibrillation, a common heart rhythm abnormality in men. They found that people with chronic sinusitis were seven times as likely as those without it to suffer from A-fib. One theory: The chronic inflammation of sinusitis disrupts your heart’s electrical signals.

# Daily Activities and Classes at the Center

## Monday

SilverSneakers Muscular Strength  
and Range of Movement ~ 8:15 ~ Gym  
Tai-chi ~ 8:30 ~ Room 310  
Quilting ~ 9:00 ~ Room 303  
Open Woodshop ~ 9:00  
High Impact Aerobics ~ 9:15 ~ Gym  
Camera Club ~ Go to [www.scphotogroup.com](http://www.scphotogroup.com)  
Happy Day Singers ~ 9:45  
Beginning Clogging ~ 10:00 ~ Room 302  
Beginning Handbuilding~ 10:00 ~ Ceramic/Clay Room  
Strength Training ~ 10:15 ~ Gym  
Beginning Belly Dance ~ 11:30 ~ Room 302  
Lap Swimming ~ 12:30-1:00~ DB Pool  
Knitting ~ 1:00 ~ Room 303  
Table Tennis ~ 1:00 ~ Gym  
Volleyball ~ 4:00 ~ Gym

## Tuesday

Massage Therapy ~ 8:00-2:00 ~ Multipurpose Room ~  
(appointment only)  
Mini Cardio ~ 8:45 ~ Room 302  
Ceramics ~ 9:00 ~ Ceramics/Clay Room  
Strength Training ~ 9:30 ~ Gym  
Basket weaving ~ 9:30-12:30 Room 303  
Renaissance Strings ~ 10:00 ~ Atrium  
Sing Along ~ 10:15 ~ Cafeteria  
Exercise for Everybody ~ 10:30 ~ Gym  
Beginning Dulcimer ~ 11:00 ~ Atrium  
Good Neighbors ~ 12:15 ~ Lounge  
Jam Session ~ 12:30 ~ Cafeteria  
Lap Swimming ~ 12:30-1:00 ~ DB Pool  
Shuffleboard ~ 1:00 ~ Ceramics Hallway  
Pickleball ~ 1:00 ~ Gym  
Basketball ~ 4:00 ~ Gym  
Karaoke ~ 4:00 ~ Cafeteria (3rd Tuesday)  
Ballroom Video Class ~ 4:30pm ~ Room 302

## Wednesday

SilverSneakers Muscular Strength  
and Range of Movement~ 8:15 ~ Gym  
Tai-chi ~ 8:30 ~ Room 310  
Open Woodshop ~ 9:00  
High Impact Aerobics ~ 9:15 ~ Gym  
Intermediate Hand Building ~10:00~Ceramic/Clay Room  
Strength Training ~ 10:15 ~ Gym  
Clogging ~ 11:15 ~ Room 302

Hand and Foot Card Game ~ 12:30 ~ Card Room  
Lap Swimming ~ 12:30-1:00 ~ DB Pool  
Table Tennis ~ 1:00 ~ Gym  
Belly Dancing ~ 1:00 ~ Room 302

## Thursday

Mini Cardio ~ 8:45 ~ Room 302  
Ceramics ~ 9:00 ~ Ceramics/Clay Studio  
Woodcarving ~ 9:00 ~ Room 303  
Strength Training ~ 9:30 ~ Gym  
Exercise for Everybody ~ 10:30 ~ Gym  
Jam Session ~ 12:30 ~ Cafeteria  
Good Neighbors ~ 12:15 ~ Lounge  
Lap Swimming ~ 12:30-1:00 ~ DB Pool  
Volleyball ~ 1:00~ Gym  
Pickleball ~ 4:00 ~ Gym  
Ballroom Dance ~ 5:00 ~ Room 302

## Friday

SilverSneakers Muscular Strength  
and Range of Movement ~ 8:15 ~ Gym  
Genealogy Group ~ 9:00 ~ Computer Lab  
Open Woodshop ~ 9:00  
High Impact Aerobics ~ 9:15 ~ Gym  
Strength Training ~ 10:15 ~ Gym  
Lap Swimming ~ 12:30-1:00 ~ DB Pool  
Pickleball ~ 1:00 ~ Gym  
Bridge Group ~ 1:00 ~ Card Room  
Mahjong ~ 1:30 ~ Multipurpose Room  
Art Class ~ 2:00 ~ Room 303

## Saturday

Basketball ~ 9:00 ~ Gym  
Table Tennis ~ 10:30 ~ Gym



TRAVEL AND SPECIAL EVENTS

**Tips for Dementia Prevention Seminar~ Card Room~** Thursday, April 4th~ 12:30-1:30pm~ **FREE~No sign up required.**

**Cooking for 1 or 2 ~ Lounge ~** Monday, April 8, 2013 ~ 12:30pm-2:00pm ~ Cost: \$2.00 paid at sign up ~ learn to make pad thai and spring rolls. **Sign up began March 18.**

**Medicare 101 ~ Card Room ~** Thursday, April 25, 2013 ~ 12:30pm-1:30pm ~ FREE ~ presented by: Don Aleksejus, Blue Cross/Blue Shield of TN ~ **Sign up began March 26.**

**“Legal Concerns for Residents & Families in Assisted Living Seminar ~ Card Room ~** Thursday, May 9, 2013 ~ 12:30pm-1:30pm ~ FREE ~ **No sign up required.**

**What Do I Need to Do Before I Turn 65? ~ Card Room ~** Thursday, May 30, 2013 ~ 12:30pm-1:30pm ~ FREE ~ **No sign up required.**

**Bush’s Bean Museum & Tour of Forbidden Caverns plus Lunch~ Dandridge/ Sevierville, TN ~** Tuesday, April 16, 2013~ 8:00am-6:00pm~ Cost: \$8.00/ Lunch on your own ~ **Sign up began February 19.**

**Titanic Museum Attraction Visit and Lunch at Applewood Farmhouse~Pigeon Forge~** May 3rd~ 8:30-5pm~ \$45.00 includes Lunch, tour and bus~ **Sign up began March 22.**

**“Songs My Mother Taught Me” With Lorna Luft~ An electrifying celebration of the legend, the music and the memories of Judy Garland. ~**Thursday, May 16, 2013 ~Flat Rock, NC ~9:15am-7:00pm ~Cost: Ticket and bus \$44.00~ Lunch on your own at O’Charley’s **Sign up now.**

**Sewing Machine Basics**

Monday’s: April 8– June 3, 2013  
11:00am-12:30pm  
Room 303  
Cost: \$20.00 for Adult Ed  
Free for Senior Center members

Instructor: John Plutchak

Bring your sewing machine with manual if you have it. Learn how to use your sewing machine and to read a sewing pattern.

Minimum of 3; maximum of 6 participants

**Sign up now!**

**Heart Healthy Recipes**

Thursday, April 18, 2013  
10:30am-11:30am  
Lounge  
FREE

Presented by: Audrey Kessler– KVAT (Food City)

Copies of recipes and food samples will be available .

**Limited to 15 people.**

**Sign up begins April 1.**

TRAVEL AND SPECIAL EVENTS

Pawsitively Artistic

Saturday, April 27, 2013

Atrium

9:00am-1:00pm

Fee: \$10 Donation to SBK Animal Shelter

Your four legged artist will be finally given the opportunity to express his or her creative side with bright colors and original designs on 'canvas'. You will cherish their creation for years to come.

Sign up begins April 1.

OTLB: A Day in the Country  
Boutique Shopping & Café

Friday, April 19, 2013

Hendersonville, NC

9:00am-4:30pm

Cost: \$8.00/Lunch on your own

Pre-order at sign up.



Sign up begins April 4.

Asheville Mall Shopping Trip

Wednesday, May 8, 2013

Departs 8:30am, Returns approx.

5:30pm

Asheville Mall

Cost: \$8.00/ Lunch on your own



Sign up begins  
April 5.

"The Blonde, The Brunette and  
the Vengeful Redhead



Thursday, May 23, 2013

Barter Theatre

10:30am-5:30pm

Cost: \$32.00/ Lunch on

your own at Red Lobster

Sign up begins April 3.

It seems so simple: Rhonda Russell's husband is carrying on with that blonde at the jewelry counter, and Rhonda has had enough. But who really knows the truth about that day at the mall? As the story unfolds, seven different characters give their own version of events – all played by Barter Resident Acting Company Member and audience favorite Tricia Matthews – in this fascinating and funny play about perception and redemption.

For mature audiences only.

Art Appreciation  
Seminar, Art Gallery  
and Sculpture Tour of  
Kingsport ~ Room 310 ~

9am-1pm ~ Friday, April 12

~No charge, Bring a packed lunch to eat before sculpture tour ~

Sign up began March 1.





# Your Page

## From the Dancing Corner

### APRIL DANCE AT THE RED ROOM

The April dance at THE RED ROOM will feature *SHOOTER* band. Come out and welcome this group on April 12, 2013. Line dancing will begin at 6:30 PM with the band starting at 7:00 PM. Admission is \$8.00 per person or \$15.00 per couple. Please DO NOT bring food to this dance. A concession stand is available. This is a PREMIER performance of SHOOTER BAND for us. The band is made up of a three member core that has been playing together for decades. Two brothers, Frank and Wes Perry and their childhood friend, Ken Dugger make up the front three. Add Jack Dunham on Keys and additional vocals and the backbone of the band, Johnny Ball on more vocals and percussion and you have one of the strongest country / rock bands in the East Tennessee Area. Three part harmony is their strongest feature. They will play a varied group of musical selections and genres that should satisfy everyone. Come out and enjoy the music and dancing! THE RED ROOM is located at Highway I-81, Exit 66, 234 Carolina Pottery Drive, Blountville, TN.



## Clay Class: Intermediate Hand Building

Begins Monday, April 8 and  
Wednesday, April 10.  
9 week class.

Time: 10:00am-3:00pm  
Cost: \$30; \$45 for both classes

Beginners are encouraged to sign up for  
Monday classes.

**Sign up now!**

## AARP Safe Driving

**Wednesday, April 24,2013**  
**Friday, April 26, 2013**  
**9:00am-1:00pm**  
**Cost: \$12.00 AARP members**  
**\$14.00 non AARP members**



**Sign up began March 26**

NEWS TO USE

Anyone interested in writing the weekly senior article for the Kingsport Times Newspaper and/or proofing the monthly newsletter?

If so, contact Michelle at 423-392-8404.



**Beginning Ballroom Dance**  
  
**Wednesdays beginning April 10 and ending May 15, 2013**  
**6 week class**  
**Room 302**

**Cost: Members: \$5.00**  
**Non members: \$15**  
**Couples: \$15.00**

**Time: 4:30pm-5:30pm**

**Instructor: Lance Halverson**

**No partner required**

**Sign up now!**

**A Tasty Treat from Marsha**

**Taco Pie**

**Ingredients:**

- 1/4 cup butter
- 2/3 cup milk
- 1 package taco seasoning mix
- 2 1/2 cups mashed potato flakes (you could also use left over mashed potatoes and omit the butter and milk)
- 1 pound ground beef
- 1/2 cup chopped onion
- 1/2 cup salsa
- 1 cup shredded lettuce
- 1 medium tomato, chopped
- 1 cup sharp cheddar cheese, shredded
- Sour cream, optional

**Directions:**

1. Preheat oven to 350 degrees. In a medium sauce pan, melt butter. Add milk and 2 tablespoon taco seasoning. Remove from heat and add potato flakes until incorporated. Press mixture into the bottom of a 10-inch pan.
2. Bake for 7-10 minutes until it just BARELY turns golden brown.
3. In a medium skillet, cook beef and onions until beef is browned and cooked through. Drain. Add salsa and remaining taco seasoning. Cook until bubbly.
4. Pour into crust. Bake for 15 minutes, or until crust is golden brown.
5. Let cool for 5 minutes. Top with cheese, lettuce, and tomatoes. Cut and serve with sour cream.

**Note: For the crust, I used a ready made, deep dish pie crust. I also recommend adding the lettuce, tomatoes and sour cream individually to each serving to eliminate the vegetables becoming soggy .**



**Computer Classes**

Four - Six Week Courses ~ \$25

Two Day Seminars ~ \$15

One Day Seminars ~ \$10

Must sign up in advance of first class.

**e-BAY AND AUCTION SITES**

ONE DAY SEMINAR: Tuesday, April 9. 9:00 a.m.—11:30 a.m. & 1:00 p.m.—3:30 p.m. \$10.00

*Payment is due the first day of class.*

*All classes, other than basic, require student to have basic computer skills, and have proficient skills in using a mouse , in order to take the class.*

*Individual help is available for persons with disabilities, in order to learn how to adapt settings on home computers. For more information or to schedule an appointment, call Mary at 392-8433*

**Generations Online Internet Class**

Monday, Wednesdays and Fridays  
1:00 PM - 5:00 PM

This is an opportunity to learn how to use the internet. You will learn the basics of the internet, the lingo, how to use a mouse, send an email, and how to use a search engine. This is a free class. Sessions are taught by a tutorial on the computer. "Peer Coach" - Shelia will be there to assist you. Contact Shelia in the computer room to make sure there is a computer available for you. Please call 392-8433.

**Computer lab is available  
for use unless a class is  
scheduled.**

**Light Yoga and Laughter for Seniors**

Tuesdays  
April 2-June 11, 2013  
Room 302  
11:00am-Noon  
Bring a mat!

Must have 6 for class to take place.

Instructor: Sharmi Mehta. This class you will learn various types of Yoga; Hatha Yoga- Simple postures, Pranayam Yoga– Yoga of breath, and Laughter Yoga. If you want to stay healthy in your golden years learn yoga and have a good laugh while you're at it!

**Sign up now!**

**KARAOKE**



**Tuesday, April 16, 2013  
4:00pm  
Cafeteria**

**Manicures**

Tuesday, April 9, 2013  
Multipurpose Room  
11:30am-1:30pm  
Cost: \$2.00 paid to manicurist

Provided by: DB  
Cosmetology

**Sign up now!**

**Genealogy Group**

Each Friday  
  
Computer lab  
  
9:00am

**Library Book Day**

Thursday, April 18, 2013

Spring Classes 2013		
<p><b>Aerobics</b></p> <ul style="list-style-type: none"> <li>Monday, Wednesday, Friday (ongoing)</li> <li>Time: 9:15am - 10:00am</li> <li>Location: Gym</li> <li>Instructor: Terri Farthing</li> <li>Lo-hi Impact Aerobics</li> </ul> <p><b>Art Class - Painting</b></p> <ul style="list-style-type: none"> <li>Friday</li> <li>Time: 2:00pm - 4:00pm</li> <li>Location: Room 303</li> <li>Instructor: Ann Thwaites</li> <li>All types of media; painting and drawing</li> </ul> <p><b>Ballroom Dance</b></p> <ul style="list-style-type: none"> <li>Thursday</li> <li>Time: 5:00pm - 6:00pm</li> <li>Location: Room 302</li> <li>Instructors: Walt &amp; Margaret Baumgardner</li> <li>Learn to waltz, Polka, Fox Trot and cut a rug</li> </ul> <p><b>Basic Woodworking</b></p> <ul style="list-style-type: none"> <li>Classes are 6 weeks</li> <li><b>Next class: Fall 2013</b></li> <li>Senior Center Woodshop</li> <li>9 to 11 am</li> <li>Tuesdays and Thursdays</li> <li>Cost: \$50, materials not included</li> <li>Instructor: Howard Osborne</li> </ul> <p><b><u>Massage Therapy</u></b>  <b>Tuesdays with Debra Defrieze</b>  <b>30 minute massage</b>  <b>Cost: \$15.00</b>  <b>call (423)791-4693</b></p>	<p><b>Ballroom Video Class</b></p> <ul style="list-style-type: none"> <li>Tuesday</li> <li>Time: 4:30pm - 6:30pm</li> <li>Room 302</li> <li>No instructor, practice to own music</li> </ul> <p><b>Basket weaving</b></p> <ul style="list-style-type: none"> <li>Tuesday</li> <li>Time: 9:30am - 12:30pm</li> <li>Location: Room 303</li> <li>Instructor: Lynne Bowers</li> </ul> <p><b>Belly Dance for Beginners (Women Only)</b></p> <ul style="list-style-type: none"> <li>Monday</li> <li>Time: 11:30am-12:30pm</li> <li>Location: Room 302</li> <li>Instructor: Angela Price</li> </ul> <p>Must have 8 for class to begin. Please sign up at office.</p> <p><b>Belly Dancing - (Women Only)</b></p> <ul style="list-style-type: none"> <li>Wednesday</li> <li>Time: 1:00pm</li> <li>Location: Room 302</li> <li>Instructor: Angela Price</li> <li>Great for your abdominals</li> </ul> <p><b>Camera Club</b></p> <p>Please visit website for meeting times</p> <ul style="list-style-type: none"> <li>Instructor: Claude Kelly</li> <li>Website: <a href="http://www.scphotogroup.com">www.scphotogroup.com</a></li> </ul> <p><b>Ceramics</b></p> <ul style="list-style-type: none"> <li>Tuesday and Thursday</li> <li>Time: 9:00am - 11:30am</li> <li>Location: Ceramic/Clay Studio</li> <li>Instructor: Mary Lamson</li> <li><b>Please remember your annual \$10 firing fee</b></li> </ul>	<p><b>Clay (Beginning Hand building)</b></p> <ul style="list-style-type: none"> <li>Monday</li> <li>Time: 10:00am-3:00pm</li> <li>Location: Ceramic Room</li> <li>Instructor: Aleta Chandler</li> <li>Fee: \$30.00</li> </ul> <p><b>Clay (Intermediate Hand building)</b></p> <ul style="list-style-type: none"> <li>Wednesday</li> <li>Time: 10:00am-3:00pm</li> <li>Location: Ceramic Room</li> <li>Instructor: Aleta Chandler</li> <li>Fee: \$30.00 (\$45.00 if take both classes)</li> </ul> <p><b>Clogging - (Beginning)</b></p> <ul style="list-style-type: none"> <li>Monday</li> <li>Time: 10:00am-11:30am</li> <li>Location: Room 302</li> <li>Instructor: Angela Price</li> <li>Must have 8 new beginners</li> <li>Sign up in office</li> </ul> <p><b>Clogging - (Intermediate)</b></p> <ul style="list-style-type: none"> <li>Wednesday</li> <li>Time: 11:15am</li> <li>Location: Room 302</li> <li>Instructor: Angela Price</li> </ul> <p><b>Dulcimer (Beginners)</b></p> <ul style="list-style-type: none"> <li>Tuesday</li> <li>Time: 11:00am</li> <li>Location: Atrium</li> <li>Instructor: Peggy Ferrell</li> <li>Learn to play this beautiful Instrument</li> </ul> <p><b>Exercise for Everybody</b></p> <ul style="list-style-type: none"> <li>Tuesday &amp; Thursday</li> <li>Time: 10:30am</li> <li>Location: Gym</li> <li>Instructor: Kevin Lytle</li> </ul>

Spring 2013 Classes Continued

<div><div>Good Neighbors</div><div><ul style="list-style-type: none"><li>Tuesday and Thursday</li><li>Time: 12:15pm</li><li>Location: Lounge</li><li>Staff</li><li>Guest speakers, trips, bingo and fellowship</li></ul></div><div>Happy Day Singers</div><div><ul style="list-style-type: none"><li>Monday</li><li>Time: 9:45am</li><li>Inspirational singing at nursing homes</li></ul></div><div>Harmonica Lessons</div><div><ul style="list-style-type: none"><li>Saturday (Beginning April 11)</li><li>Time: Beginner– 9:00am Intermediate– 10:00am</li><li>Location: Multipurpose Room</li><li>Instructor: Bob Swartz</li><li>Cost: \$5.00 per lesson</li><li>This is an introduction to the harmonica class. You will need to purchase: 1 plastic comb, diatonic harmonica (Key of C), 1 copy of Mel Bay’s Deluxe Harmonica Method by Phil Duncan, 1 wire music stand.</li></ul></div><div>Jam Session</div><div><ul style="list-style-type: none"><li>Tuesday &amp; Thursday</li><li>Time: 12:30 noon</li><li>Location: Cafeteria</li></ul></div><div>Knitting Class</div><div><ul style="list-style-type: none"><li>Monday</li><li>Time: 1:00 - 3:00pm</li><li>Location: Room 303</li><li>Instructor: Barbara White</li><li>All skill levels</li></ul></div></div>	<div><div>Lap Swimming</div><div><ul style="list-style-type: none"><li>M-F</li><li>Time: 12:30pm-1:00pm</li><li>Location: Dobyns-Bennett pool</li><li>No instructor, lap swimming</li></ul></div><div>Mini Cardio Exercise Class</div><div><ul style="list-style-type: none"><li>Tuesday &amp; Thursday</li><li>Time: 8:45am - 9:15am</li><li>Room: 302</li><li>Instructor: Roger Hixson</li></ul></div><div>Quilting</div><div><ul style="list-style-type: none"><li>Monday</li><li>Time: 9:00am - 10:30am</li><li>Location: Room 303</li><li>Instructor: John Plutchak</li></ul></div><div>Renaissance Strings</div><div><ul style="list-style-type: none"><li>Tuesday</li><li>Time: 10:00am - 11:00am</li><li>Location: Atrium</li><li>Instructors: Lucile Hincke and Jan Fenelon</li></ul></div><div>SilverSneakers Muscular Strength and Range of Movement</div><div><ul style="list-style-type: none"><li>Monday, Wednesday &amp; Friday (ongoing)</li><li>Time: 8:15am - 9:00am</li><li>Location: Gym</li><li>Low Impact Aerobics</li><li>Instructor: Terri Bowling</li></ul></div></div>	<div><div>Strength Training</div><div><ul style="list-style-type: none"><li>Monday, Wednesday &amp; Friday</li><li>Time: 10:15am - 11:00am</li><li>Location: Gym</li><li>Instructor: Terri Farthing</li></ul></div><div>Strength Training</div><div><ul style="list-style-type: none"><li>Tuesday, Thursday</li><li>Time 9:30am - 10:30am</li><li>Location: Gym</li><li>Instructor: Kevin Lytle</li></ul></div><div>Tai-Chi</div><div><ul style="list-style-type: none"><li>Monday &amp; Wednesday</li><li>Time: 8:30am</li><li>Location: Senior center, Room 310</li><li>Instructor: Hang Lei</li></ul></div><div>Woodcarving</div><div><ul style="list-style-type: none"><li>Thursdays</li><li>Time: 9:00am - 12:00 noon</li><li>Location: Room 303</li><li>Beginners welcome</li></ul></div></div>
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# Spring 2013 BRANCH SITE SCHEDULE

**Core Conditioning**

- Tuesday & Thursday
- Time: 10:00 a.m.
- Location: Lynn View Branch Site
- Instructor: Chris Hicks
- Great for all ages.
- Gain core strength

**Beginning Drawing**

- Wednesdays
- Time: 10:00 a.m. - 12:00 noon
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Basic drawing class

**Advanced Drawing**

- Wednesday
- Time: 9:00 –11:00
- Location: Lynn View Branch Site
- Instructor: Jo Anne McDonough
- Must have taken the beginning class or have permission of the instructor

**Line Dance - Beginning**

- Monday
- Time: 11:30am - 12:30pm
- Location: Boys/Girls Club
- Instructor: Lyna Faye McConnell
- MUST WEAR SOFT-SOLED SHOES

**Line Dance - Intermediate**

- Mondays
  - Time: 12:45pm –1:45pm
  - Location: Boys/Girls Club
  - Instructor: Lyna Faye McConnell
  - Faster-paced, less instruction for advanced dancers.
- MUST WEAR SOFT-SOLED SHOES

**Advanced Yoga**

- Tuesdays & Thursdays
- Time: 11:00am - 11:30am
- Location: First Broad Street UMC, Rec. Room
- Instructor: Tish Kashdan

**Private Personal training with Chris**

- Call for appointment ~ 723-9967
- Call for prices
- Instructor: Chris Hicks

**Artist and Crafters Monthly Breakfast**

- 2nd Tuesday each month
- Lynn View Branch Site
- Please call for reservation

**Strength Training**

- Tuesdays & Thursdays
- Time: 9:00 a.m.
- Location: Lynn View Branch Site
- Instructor: Chris Hicks

**Yoga**

- Tuesdays & Thursdays
- Time: 11:30am - 12:30am
- Location: First Broad Street UMC
- Instructor: Tish Kashdan

**Zumba Fitness**

- Tuesdays 10:45am
- Location: Lynn View Branch Site
- Instructor: BJ Goliday
- Minimum of 8 students required

**Silver Sneakers Yoga Stretch**

- Mondays & Wednesdays
- Time: 9:00 a.m.
- Location: Lynn View Branch Site
- Instructor: Diane Broyles

**Silver Sneakers Muscular Strength and Range of Movement**

Mondays & Wednesdays  
Time: 10:00 a.m.  
Location: Lynn View Branch Site  
Instructor: Chris Hicks

**Piloxing**

- Tuesdays & Thursdays
- 9:30 a.m.
- Location: Colonial Heights Baptist Church
- Instructor: Terri Bowling
- This class is a combination pilates and kick boxing and is an intense workout.

**Total Body Workout**

- Mondays & Wednesdays
- Time: 9:30am
- Location: VO Dobbins Community Center Gym #2
- Instructor: Terri Bowling

**Game Day**

- 3rd Tuesday of Month
- Time: 12:00 noon
- Lynn View Cafeteria
- Group Leader: TBA
- Sequence and variety of board games

**Pickle-ball**

- Wednesdays and Fridays
- 2:00—4:00 pm
- Lynn View Branch Site

**Ageless Grace**


- 6 week class Wednesdays
- Time: 11:30am
- Location: Colonial Heights Baptist Church
- Instructor: TBA

**Indoor Walking**

- Monday-Friday
- Time: 9:00 a.m.—12:00 noon
- Location: Colonial Heights Baptist Church Walking track
- There will be a roster in the gym office at the church. Please sign the roster as with any other class.

**Zumba Gold (lower impact)**

- Wednesday and Friday
- 11:00
- Lynn View Community Center
- Instructor: Rita Justis

<div data-bbox="110 475 681 615">  <b>Kingsport</b>  <b>Adult Education</b> </div> <p>Kingsport Adult education classes are administered by The Kingsport Senior Center. For more information or to sign up for a class, please Call 423-392-8400 All classes are subject to cancellation if enrollment does not meet minimum numbers. Minimum number varies by class. Fees will be returned on 1st night of class if cancelled.</p> <p><b>JOB SKILLS</b></p> <p><b><u>Beginning Computer Literacy</u></b></p> <ul style="list-style-type: none"> <li>• 6 Weeks</li> <li>• Fee \$70</li> <li>• Instructor: TBA</li> <li>• Wednesdays 6:00 - 8:00pm</li> <li>• Location: Computer Lab, Lynn View CC</li> </ul> <p><b><u>2008 National Electric Code (Commercial)</u></b></p> <ul style="list-style-type: none"> <li>• 8 Weeks</li> <li>• Fee: \$70</li> <li>• Mondays 6:00 - 8:00pm</li> <li>• Instructor: Chris Ferrell, Electrical Inspector</li> <li>• Location: Renaissance Center Cafeteria</li> </ul> <p><b><u>2008 National Electric Code (Residential)</u></b></p> <ul style="list-style-type: none"> <li>• 8 Weeks</li> <li>• Fee \$70</li> <li>• Mondays 6:00-8:00 p.m.</li> <li>• Instructor: Chris Ferrell, Electrical Inspector</li> <li>• Location: Renaissance Center Cafeteria</li> </ul> <p><b><u>Beginning Heating Ventilation and Air Conditioning Certification Preparation</u></b></p> <ul style="list-style-type: none"> <li>• Part II</li> <li>• 10 Weeks</li> <li>• Fee: \$165</li> <li>• Tuesdays 6:00pm - 9:00pm</li> <li>• Instructor: Jim Dotson</li> <li>• Location: Multipurpose Room, Renaissance Center</li> </ul> <p>There will be 1 more 10 week session following this class. Upon completion of all three sessions you will be prepared to take your certification test. Must have a minimum of 5 students, must pre-register.</p>	<p><b><i>CULTURAL/ARTS/CRAFTS</i></b></p> <p><b><u>Card Making Workshop</u></b></p> <ul style="list-style-type: none"> <li>• Instructor: TBA</li> <li>• Fee: \$10/includes materials</li> <li>• Location: Lynn View Community Center</li> </ul> <p>You will make 5 cards and take materials home to make additional 5 cards.</p> <p><b><u>Beginning Clay</u></b></p> <ul style="list-style-type: none"> <li>• 8 week class</li> <li>• Tuesdays, 6-8 pm</li> <li>• Fee: \$60 plus \$10 clay and \$10 firing fee</li> <li>• Instructor: TBA</li> <li>• Minimum: 8 students</li> <li>• Maximum: 15 students</li> </ul> <p>This is a beginning hand building clay class. You will learn basic hand building techniques. You will complete 8 different projects.</p> <p><b><i>HEALTH/EXERCISE</i></b></p> <p><b><u>Beginning Golf Lessons</u></b></p> <ul style="list-style-type: none"> <li>• 6 weeks</li> <li>• Fee: \$25</li> <li>• Tuesdays 6:00 p.m.</li> <li>• Instructor: TBA</li> <li>• Call for more information</li> </ul> <p><b><u>Personal Training with Chris</u></b></p> <ul style="list-style-type: none"> <li>• Instructor: Chris Hicks</li> <li>• Available by the hour or as package</li> </ul> <p>Contact Chris (423-741-5643)</p> <p><b><u>Zumba Fitness</u></b></p> <ul style="list-style-type: none"> <li>• Began March 28, 2013</li> <li>• 6 weeks</li> <li>• \$25 fee per session</li> <li>• 5:15</li> <li>• Thursdays</li> <li>• Instructor: Becky Mills</li> <li>• Location: Lynn View Community Center, Cafeteria</li> </ul> <p><b><u>Piloxing</u></b></p> <ul style="list-style-type: none"> <li>• Begins April 9, 2013</li> <li>• Tuesday</li> <li>• 6:00 p.m.</li> <li>• Instructor: Becky Mills</li> <li>• Limited to 15 participants</li> <li>• \$30.00 payable first night of class</li> </ul>	<p><b><i>DANCE CLASSES</i></b></p> <p><b><u>Beginning Line Dance</u></b></p> <ul style="list-style-type: none"> <li>• 8 weeks</li> <li>• Fee: \$25</li> <li>• Instructor: Lyna Faye McConnell</li> <li>• Thursdays, 6:30pm - 8:00pm</li> <li>• Location: Lynn View Community Center</li> </ul> <p><b><u>Couples Dance</u></b></p> <ul style="list-style-type: none"> <li>• 8 week class</li> <li>• Dates same as Line Dance</li> <li>• Fee \$25 or free if you take Line Dance class</li> <li>• Instructor: Lyna Faye McConnell</li> <li>• Wednesdays, 6:30pm - 8:00pm</li> <li>• Location: Lynn View Community Center</li> </ul> <p><b><u>Salsa Dance</u></b></p> <ul style="list-style-type: none"> <li>• 4 weeks</li> <li>• Fee: \$10 for 4 weeks/ 8 classes</li> <li>• Tuesday &amp; Thursdays</li> <li>• Time: 1:00</li> <li>• Room 302, Renaissance Center</li> <li>• Instructor: BJ Goliday</li> </ul>
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## **Niagara Falls Super Saver Trip Tip!**

If you are thinking about going on this trip, don't wait until the last minute!  
Here's why: **You need a passport!** It is best to apply for passports as soon as possible, to avoid any delay. Also, if you wait until the last minute— there may not be an opening left. It's always best to give yourself time.

This Super Saver trip truly is a great deal, with the agenda placing us in not only Niagara, but going for a guided tour of Toronto, and having a guided tour of all the beautiful places around Niagara Falls, including the Floral Clock, Brock's Monument, Queenston Heights, The Welland Canal and Niagara on the Lake.

Did you know that all standard taxes, meal gratuities and baggage handling is included in the fee? All this, along with the nice dinner in front of the Falls, the "Oh, Canada, Eh?" and wine tasting and tour at a local winery, or perhaps a visit to Fallview Casino, makes for a great vacation, and lots of fun memories.

A \$200 deposit is due at sign up, however you may pay the full amount, if you wish. Checks should be made to City Of Kingsport. When signing up, give your full legal name, as it appears on your passport, and your date of birth.

If you choose to purchase travel insurance, you should do so at the time of signup, to make sure you get the full benefit of the coverage. Travel insurance for this trip is \$79.00, for double occupancy. The final payment is due on May 10, 2013.

**Please don't hesitate to call with any questions:  
Marlana Williams 423.392.8405**

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### **Do you have a Green Thumb?**

**The Kingsport Senior Center is looking for volunteers to help plant flowers in our new flower boxes (made by our guys in the Woodshop) located at each entrance of the Renaissance building.**

**For more information contact Amber at 343-9713**

# Did You Know??



**Hangry (hungry + angry) is an actual word.**

**Falling icicles kill about 100 people every year in Russia.**

**Bugs Bunny was the 2nd cartoon character to receive a star on the Hollywood Walk of Fame. Mickey was the first.**

**Every year about 86,000 people are injured by tripping over their pets.**

**Chewing gum can actually raise your metabolic rate by about 20%.**

**90% of people 18-29 years old sleep with their phones in or right next to their bed.**

**A lightening bolt is 5 times hotter than the surface of the sun.**

**Eating out with friends can boost happiness and diminish depression.**

**Nutella is actually 50% sugar.**

**There are enough restaurants in New York City for one person to eat out every night for 54 years and never visit the same place twice.**

**The average teenager carries about \$30 in cash and keeps \$742.70 in a savings account.**

**A proper handshake should last for about 3 seconds.**

**Sitting on your wallet too much can actually paralyze your leg.**

**George Washington predicted the USA would only last for about 20 years.**

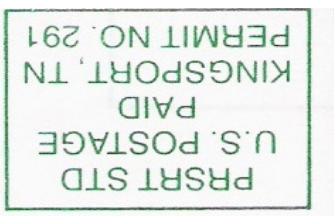
**Bumble Bees do a warm-up exercise before they take off.**

**Only 2% of Earth's population naturally has green eyes.**

**15 minutes of exercise a day can extend the average person's lifespan by 3 years.**

**Pigeons can actually remember humans by face— If you chase one away, it will avoid you during later encounters.**

**40% of Americans think that dinosaurs and humans once lived at the same time.**



**Kingsport Senior Center  
1200 E. Center Street  
Kingsport, TN. 37660  
Phone: 423-392-8400**



## **TRUNK SALE**

**Friday, May 31, 2013**

**Front Parking Lot**

**8:00am-Noon**



**Come and earn some extra  
cash for summer vacation!**

**Call the Senior Center on April 2nd to reserve your  
spot!**